



NADAP E-Gram

Navy Alcohol and Drug Abuse Prevention

Order *Keep What You've Earned* Posters Today

"Keep What You've Earned" Posters and fact sheet are NOW available for order through the Navy Logistics Library.

The "Keep What You've Earned" posters feature the campaign message and taglines. For display in common areas on and off base, including Exchanges, Galleys, gyms and local community businesses, and tailored to each of the five Navy communities. The fact sheets provide an overview of the "Keep What You've Earned" campaign and how to get involved.

How to order:

1. Visit Navy Logistics Library at <https://nll2.ahf.nmci.navy.mil/>
2. In the *Keyword* field search: **Keep What You've Earned**

In addition, several print products, social media messaging and leadership talking points are now available for download at www.nadap.navy.mil. For any questions regarding the campaign, contact Ms. Sara Geer, NADAP Marketing and Information Specialist, at COMM (901) 874 4237/ DSN 882 or via e mail at sara.geer.ctr@navy.mil.



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Keep What You've Earned Materials

Product	Description	Where to Access
Posters	A collection of five posters are available that are tailored to the Navy's five communities and feature the campaign message, tagline and URL.	How to Order: 1. Visit Navy Logistics Library at https://nll2.ahf.nmci.navy.mil/ 2. In the Keyword field search: "Keep What You've Earned" Visit www.nadap.navy.mil to download
Fact Sheets	Fact sheets are available for five different key audiences: <ul style="list-style-type: none">• Sailors• Alcohol Abuse Prevention Personnel• All levels of Navy leadership• Local communities and businesses• Partnering organizations and agencies	How to Order: 3. Visit Navy Logistics Library at https://nll2.ahf.nmci.navy.mil/ 4. In the Keyword field search: "Keep What You've Earned" Visit www.nadap.navy.mil to download
Social Media Messages	Features a social media message for each week of the year. Posts include appropriate character limits and links for different social media platforms such as Twitter and Facebook. Graphics and images are also provided to boost engagement.	Visit www.nadap.navy.mil to download the: <ul style="list-style-type: none">• Calendar of messages• Zip file of images• Or check out the Flickr album.
Leadership Messages	Includes a set of 52 alcohol-related messages for the 52 weeks in a year. Leaders can share these messages with Sailors at liberty briefings or other regularly scheduled interactions.	Visit www.nadap.navy.mil to download the PDF.
Implementation Guide	Serves as a toolkit for understanding the resources available with step-by-step instructions and a checklist for implementation.	Visit www.nadap.navy.mil to download the PDF.

AND MORE!

What's New?

This month the *Keep What You've Earned* campaign is launching a training series to provide ADCOs, DAPAs, and other Navy leadership with the tools they need to convey information about drinking responsibly to Sailors during trainings, Safety Stand downs, and other briefings. There are four sets of PowerPoint slides, which will be released one session per month to prevent oversaturation of the topic and message fatigue with the audience. Session topics include: **1.) KWYE Introduction & Video, 2.) BAC Levels & Factors, 3.) Responsible vs. Destructive Drinking, 4.) Navy Policy & Advocacy.** Visit the KWYE campaign website to download the training slides, and don't forget to customize the information to fit your base, such as adding in local activities as alternatives to drinking.

UPC University – A series of subjects aimed at enhancing awareness of the Navy’s Drug Testing Program for Urinalysis Program Coordinators.

Topic 6: Know the truth about Urinalysis Testing

As substance abuse continues to evolve, so do the emerging tactics used by people to cheat on their Urinalysis test. However, what these individuals are missing is that they are facing serious consequences if they are caught adulterating their urinalysis samples. If caught, you, you could face disciplinary action and/or adverse administrative action.

There is no shortage of people or businesses willing to offer advice on defeating urinalysis; however below we discuss facts and expose a number of falsehoods about methods to defeat the Navy’s drug testing program.

Truth: Urinalysis tests reveal the drug, dosage and a snapshot of time when the drug was taken.

It is a common myth that it takes time to build up enough THC in your system to fail a drug test. The truth is, some types of testing may be used to test for actual drug compounds within a person’s system, but a urinalysis tests for metabolites (biological end results after a compound is metabolized) present in the urine. The amount of metabolites in urine (usually in nanograms per milliliter (ng/mL)) reveals the dosage taken and is a snapshot in time. It may indicate a rising amount on its way to a peak, or a falling amount as the body is recovering from the drug’s effects.

Truth: The Navy’s random and unannounced urinalysis test prevents individuals from using “cleansing” agents.

Many products are marketed through nutrition centers, the Internet, gas stations and convenience stores for the purpose of “diluting” the urine and therefore lowering the drug concentration. The products have been developed and marketed to reduce the drug concentration to below the testing threshold that may be used to identify a sample as positive. Many of these products do not cause your urine to become diluted, nor cleanse you of any drug related toxins to change your results in any way. Other products may cause discomfort, or in the worst case, are harmful to your body. More importantly, all Navy Urinalysis are unannounced and members are to immediately report and remain sequestered until a sample is provided. This prevents the individual from diluting in advance.

Truth: Nutritional supplements will not cause a service member to test positive during a urinalysis.

Nutritional supplements often advertise that they perform similarly to banned substances. At best, these are usually marketing efforts with no scientific basis

At worst, it is possible to find suppliers willing to provide supplements containing banned ingredients via mail order, overseas, or the internet at premium prices which will test positive. Products purchased from legitimate retailers in the U.S. may have questionable ingredients, but won’t contain controlled substances and will not cause a positive result. Seeking out and purchasing items known to contain banned or illegal substances is unauthorized and punishable under the UCMJ.

Truth: Navy Drug Screening Labs test all urinalysis samples.

All urinalysis samples are screened for what is called a DoD ‘standard panel’ of drugs. The standard panel is subject to change at any time and currently includes amphetamines, benzodiazepines, cannabinoids, cocaine metabolites, designer amphetamines, morphine/codeine, and a number of opiates. In addition to these standard drugs, the labs have the ability to send samples out for specific drugs that aren’t included in the standard panel (at the commands request). **All samples submitted to the navy drug screening laboratory will be tested unless the testing would**

Truth: Each sample is tested individually.

Each sample is tested individually and the last test (Confirmation) confirms whether or not a sample is reported positive, including the nanogram levels of a particular drug metabolite. Testing at each phase in the drug laboratory is conducted on a freshly poured specimen from the original bottle. There is no possibility of cross contamination between samples.

Truth: A positive urinalysis result obtained after the expiration of the prescription would indicate a drug abuse incident.

Prescriptions that read "Take As Needed" can be an issue if taken inappropriately. Controlled substance prescriptions are issued with valid timeframes. A positive urinalysis result obtained after the expiration of the prescription would indicate a drug abuse incident. If a condition exists that requires a controlled substance for treatment over a long term basis, members must have their prescriptions renewed and documented to be valid.

Truth: Sharing prescription medication among family members or friends is dangerous to their health and illegal.

Prescription medication is only to be provided by competent medical authority and prescribed only to that individual. It is always unlawful to share or dispense prescribed medication. Sailors are ultimately responsible for what they ingest or otherwise consume. Knowingly ingesting unauthorized products is risky to both health and career.

Sharing leftover prescription drugs with friends or family members is also dangerous and illegal. The shared medication may interact with your friend's current medications or an underlying medical condition. The dose may be wrong for your friend's body size or weight, or a serious side effect or allergic reaction may develop. Sharing medications bypasses simple safety checks that doctors and pharmacists perform to prevent these types of occurrences.

Truth: A spouse's medical marijuana prescription will not clear a service member if they are positive for THC.

Members are always responsible for the drugs contained in their system. Established THC cutoffs differentiate between passive exposure and willful use. Illicit drug use and possession by civilians while on federal property is a federal crime and can result in fines, barrment or sentencing for Sailors or family members. Your spouse may or may not be willing to face these charges in an attempt to get you off the hook.



NADAP Webinars

All webinars begin at 1300-1400 (CDT). An additional webinar is available at 1700 (CDT)

Click the link below to join the webinar.

<https://connect.dco.dod.mil/nadapwebinar/>

If you do not already have a Defense Connect Online (DCO) account, we would strongly recommend creating an account prior to the event. To setup a DCO account, visit <https://www.dco.dod.mil/> and select "register" at the top left hand corner of the page.

WEBINAR SCHEDULE 2013

Date	Subject
22 AUG	NDSP Overview
12 SEP	ADMITS Overview
03 OCT	DAPA Responsibilities
24 OCT	Prevention Campaigns & How to Order
7 NOV	ADCO Responsibilities



End-of-Phase Report

Reminder: Local programs must submit a completed Phase I End-of-Phase Report NLT 14 days after the end of Phase I. Data from the reports are forwarded up the chain of command. Other information on the reports (best practices, lessons learned, etc.) are forwarded to all programs to help improve local programs. The DEFY Program Office will email local command leadership requesting reports for sites that are 30 days overdue to ensure compliance.

Find Us on NKO

The DEFY Program has an NKO community page with information accessible to all NKO users. Information about the DEFY program, prevention resources for parents and youth, and drugs is available. If you are a DEFY graduate or have a good news story about the DEFY program, let us know. There's a feedback link on the DEFY community page. Come check us out!

<https://wwwa.nko.navy.mil/portal/drugeducationforyouthdefyprogram/home>

Reporting Of Underage Drinking

Too often, we see underage drinking incorrectly reported as an alcohol incident. When a member, who is under the legal drinking age, consumes alcohol without incurring an incident, he/she commits misconduct. OPNAVINST 5350.4D defines an Alcohol Incident as “an offense, punishable under the UCMJ or civilian authority, committed by a member where, in the judgment of the member's commanding officer, the consumption of alcohol was a contributing factor.” Two key elements here are: (a) the member committed an offense punishable under the UCMJ or civilian authority; and (b) the influence of alcohol contributed to the incident. **The misreporting of an alcohol incident can potentially affect a member's career and requires mandatory referral to a Substance Abuse Rehabilitation Program (SARP) for screening.** However, when there is additional credible information such as hearsay, personal observation, or a noticeable change in job performance, the member should be referred to SARP as a “command-referral”. Commanding Officers should take appropriate disciplinary action as necessary. Some events for which commanding officers are strongly encouraged to consider command-referral for members are:

1. Medical record of alcohol-related involvement;
2. History of Monday or Friday absences;
3. History of financial problems;
4. Domestic disturbance/family concerns;
5. Peer/co-worker concerns;
6. History of accidents or mishaps;
7. History of heavy drinking;
8. Alcohol-related injury (to self, not due to misconduct)
9. Alcohol-related victim of a crime (e.g., rape, assault, robbery), wherein a clear pattern of alcohol abuse by victim is a contributing factor.

Additionally, Commanding Officers should promote an environment that encourages command, or self-referral, without risk of disciplinary action for all members who have not incurred an incident, but are in need of alcohol abuse counseling and/or treatment. This includes Sailors under the age of 21 who think they are in need of counseling/assistance for alcohol abuse.

Just the Facts – What You Need to Know About the Navy Alcohol Detection Device

Article provided by Navy Marine Corps Public Health Center

In March 2012, the Secretary of the Navy announced the 21st Century Sailor and Marine initiative, which is a set of objectives and policies intended to maximize the personal readiness of Sailors and Marines. Curbing alcohol use and decreasing the number of alcohol-related incidents are among the initiative's goals. Irresponsible alcohol use not only threatens the health and careers of Sailors and Marines but also decreases the readiness of the force. To reinforce the importance of readiness, promote safety, and provide awareness and education for service members to assist them make responsible decisions regarding alcohol use, the Navy is implementing the use of alcohol detection devices (ADDs), or breathalyzers. ADDs will test blood alcohol concentration (BAC) of Sailors on duty during regular working hours. As full implementation of the policy nears, this article aims to dispel the myths and misconceptions of the ADD program.

What it is

The ADD program is just one of the integral tools of the Navy's effort to promote responsible alcohol use. ADDs will help to educate service members on the effects of their alcohol consumption decisions, identify self-impairment, and promote unit safety.

Additionally, the ADD program will enhance command leadership's understanding of their unit's alcohol-use "culture."

Once the ADD program is fully implemented, ADD testing will assist with identifying Sailors who are at risk for irresponsible alcohol use. For example, if a service member drinks excessively or late at night before reporting to duty, they put themselves and their peers at risk. It is expected that when a service member reports for duty, they're ready and able to carry out their responsibilities.

According to the Navy's Instruction on the Use of Hand-Held Alcohol Detection Devices ADDs (OPNAVINST 5350.8), the decision to inspect and how to organize random ADD testing is at the discretion of the commanding officer. Random ADD tests are only authorized to be performed on Sailors who are on duty during normal working hours.

The results of ADD tests may lead to the following actions:

- As a basis to further evaluate a service member's fitness for duty through the use of a Competence for Duty examination.
- Removal from the performance of assigned tasks.

- Education and counseling for the member by command-designated leaders.
- Command referral to the Drug and Alcohol Program Advisor (DAPA) for assistance through the substance abuse rehabilitation program, including alcohol abuse and dependency education and counseling.
- Serve as the foundation for a probable cause search when considered along with other evidence of intoxication, including but not limited to, bloodshot eyes, slurred speech, muscular movement, general appearance or behavior, and/or an admission of alcohol use by the service member or statements of other witnesses.

What it is not

ADD testing is non-punitive. While the tests are designed to provide valuable information to Sailors and commanding officers, there are limitations of the use of ADD results. Results of ADD testing may not be used:

- As evidence for disciplinary proceedings.
- As a basis for adverse administrative action against a service member.
- To document counseling of irresponsible alcohol use in a service members official military

Just the Fact continued

- To document counseling of irresponsible alcohol use in a service members official military personnel records, such as fitness reports or enlisted performance evaluations.

Additionally, the use of ADDs does not replace or limit other tools that commanding officers currently use to detect and deter the irresponsible use of alcohol.

How it will be implemented

All commands, whether they are stateside or forward operating, will receive ADDs for use. The delivery of the devices was broken down into five phases, beginning in February of 2013, with all Navy commands receiving ADDs by May 24, 2013. Once all commands receive their devices, full implementation will occur with the following guidelines :

- The ADD testing policy applies to all Sailors, including Selected Reservists and non-Navy personnel permanently assigned to a unit.
 - The policy does not apply to non-Navy units attached to a Navy vessel or base.
- ADD readings of:
 - 0.04 BAC or higher indicates a Sailor is not able to perform their duties. The Sailor will be relieved of their duties and remain onboard until the reading is not detectable.

- 0.02 BAC or higher by members who are under the legal drinking age, or who have previously completed a rehabilitation program, will be referred to the command DAPA.
- Less than 0.02 BAC is considered non-detectable.

In any case where the ADD reading is 0.02 percent BAC or greater, the service member should be retested after a 20-minute waiting period to allow for the effects of any mouthwash, breath spray, gum or mint that may produce detectable results to clear.

Where to find more information

Visit the NADAP website www.nadap.navy.mil or additional information on ADDs, or talk to your chain of command. If you would like more information about responsible drinking, check out the following:

- The Navy's [Keep What You've Earned](#) campaign
- Navy and Marine Corps Public Health Center's [Preventing Drug Abuse and Excessive Alcohol Use](#) resources
- The Department of Defense's [That Guy](#) campaign

Reference:

1. Navy Alcohol and Drug Abuse Prevention Program Office. Non-evidentiary alcohol detection device (ADD) operating guide. <http://www.public.navy.mil/bupersnpc/support/nadap/Documents/ADD%20OP%20Guide%2022%20Jan%2013.%20N13%20.pdf>. Published January 2013. Accessed 15 May 2013.
2. Chief of Naval Operations. OPNAVINST 5350.8. Use of hand-held alcohol detection devices. <http://www.public.navy.mil/bupers-npc/support/nadap/policy/Documents/OPNAVINST%205350.8.pdf>. Published 22 Jan 2013. Accessed 6 May 2013 .
3. Navy Personnel Command. Alcohol detection device (ADD) update. Published 23 Apr 2013. Accessed 7 May 2013.



DID YOU KNOW: All active duty and reserve personnel are required to provide one urine sample per year?

DOD and OPNAVINST 5350.4D requires all Sailors be tested annually. **Many commands wait until the last month of year and risk missing Sailors who may be on leave, liberty or TAD.** With current random, new check-in, and end of FY testing requirements you would think every Sailor is tested at least once per year. However, there are many holes in this process, such as TAD, leave, Tele-Work, canceled tests, etc.



To reduce the burden of tracking down so many Sailors at year end or missing them all together, **NADAP recommends commands conduct quarterly sub-unit sweeps of Sailors selected but not tested.** This report is available within the Navy Drug Screening Program (NDSP) under the "Reports" section. Each quarter, this will reduce the number of untested Sailors by end of fiscal year. There's no limit to the number of Sub-Unit Sweeps; however, a command can only test five unit sweeps without upper Echelon authorization. Remember, NDSP cannot run a report of those who have not been selected; therefore the UPC will have to manually identify those members.

Below you will find some Best Practice tools that may be beneficial as you conclude the year and begin a new year.

1. To avoid large testing numbers later in the year, set up a testing pool within NDSP software. Insert members who have not provided a sample and perform a Sub-Unit sweep on that pool. The month of August and September can be used for all straggler's untested.
2. Conduct a Sub Unit sweep on a quarterly basis of those selected but not tested. This report can be generated within NDSP.
3. Conduct your command wide unit sweeps during second and third quarter of each year and avoid August and September. Any assigned personnel on leave or TAD can be placed in a different pool and tested upon return under Sub Unit sweep.
4. Personnel who have detached or TAD, contact the gaining command to ensure they are tested prior the end of fiscal year.

IF there are any questions or concerns, please contact us at MILL_NDSP@NAVY.MIL or call (901) 874-4204, DSN 882.

2012 - 2013 STATISTICS

ARIs & DUIs

JUL	348	81
AUG	330	97
SEP	329	130
OCT	393	100
NOV	296	94
DEC	335	114
JAN	329	82
FEB	306	84
MAR	306	91
APR	230	64
MAY	231	50
JUN	118	21
JUL	23	10

MEM POS & TOTAL TESTED

JUL	114	96,701
AUG	115	98,011
SEP	131	104,678
OCT	144	97,760
NOV	137	93,299
DEC	157	85,230
JAN	242	125,515
FEB	144	93,622
MAR	200	96,913
APR	197	95,303
MAY	240	94,456
JUN	199	66,770
JUL	47	18,028